

**WHAT IS CLAIMED IS:**

1. A food and exercise aid, comprising:
  - (a) a memory for storing nutritional information for a variety of food items and metabolic equivalent information for a variety of exercises;
  - 5 (b) a controller connected with said memory for controlling the selection of information to be obtained from said memory;
  - (c) a calculator connected with said memory for calculating an exercise duration time necessary to burn the calories of a selected food item via a selected exercise; and
  - 10 (d) a display connected with said memory and with said calculator for displaying the nutritional and metabolic equivalent information and the calculated exercise duration time.
2. A food and exercise aid as defined in claim 1, wherein said memory further stores weight information which can be displayed on the display and used by said calculator for calculating the exercise duration time.
- 15 3. A food and exercise aid as defined in claim 2, wherein said memory comprises a food memory for storing the nutritional information, an exercise memory for storing the metabolic equivalent information and a weight memory for storing the weight information.
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4. A food and exercise aid as defined in claim 3, and further comprising an input selector connected with said controller for selecting a food item, an exercise and a weight from said food, exercise and weight memories, respectively.

5 5. An exercise calculation method for an individual, comprising the steps of:

- (a) selecting a food item to be consumed;
- (b) selecting an exercise to be performed;
- (c) selecting a weight for the individual; and
- (d) calculating the duration of exercise necessary to burn off the calories of the food item after consumption by the individual according to the formula

$$T = \text{kcal} / \text{MET} \times 3.5 \times W / 200$$

10 where T is the exercise time, in minutes; kcal is the number of kilocalories for the selected food item; MET is the metabolic equivalent for the selected exercise; and W is the selected weight of the individual, in kilograms.